



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 10-28-11)

Visit us at www.fns.usda.gov/fdd

100259 – APRICOTS, FROZEN, SLICED, BULK, 20 LB

CATEGORY	<ul style="list-style-type: none">Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none">U.S. Grade A apricots, frozen, sliced, and packed in syrup at a ratio of 5:1 fruit to sugar. Ascorbic and citric acid may be added.
PACK/YIELD	<ul style="list-style-type: none">20 lb case containing a vacuum sealed plastic bag.One 20 lb case AP yields about 24$\frac{1}{8}$ cups thawed, drained, sliced apricots and provides about 96.4 $\frac{1}{4}$-cup servings thawed, drained, sliced apricots OR about 142.6 $\frac{1}{4}$-cup servings thawed, fruit and juice.One lb AP yields 0.63 lb (about 1$\frac{1}{8}$ cups) ready to serve, thawed, drained, sliced apricots and provides about 4.91 $\frac{1}{4}$-cup servings thawed, drained sliced apricots OR about 7.26 $\frac{1}{4}$-cup servings thawed fruit and juice.CN Crediting: $\frac{1}{4}$ cup thawed, sliced apricots with juice OR $\frac{1}{4}$ cup thawed, drained, sliced apricots provides $\frac{1}{4}$ cup fruit.
STORAGE	<ul style="list-style-type: none">Store unopened frozen apricots at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Temperature changes shorten life and speed deterioration.Use First-In-First-Out (FIFO) storage practices to ensure use of older product.

Nutrition Information

Apricots, frozen, sweetened

	$\frac{1}{4}$ cup (61 g)	$\frac{1}{2}$ cup (121 g)
Calories	59	119
Protein	0.42 g	0.85 g
Carbohydrate	15.19 g	30.37 g
Dietary Fiber	1.3 g	2.7 g
Sugars	0 g	0 g
Total Fat	0.06 g	0.12 g
Saturated Fat	0.0 g	0.01 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.54 mg	1.09 mg
Calcium	6 mg	12 mg
Sodium	2 mg	5 mg
Magnesium	5 mg	11 mg
Potassium	139 mg	277 mg
Vitamin A	1016 IU	2033 IU
Vitamin A	51 RAE	102 RAE
Vitamin C	5.4 mg	10.9 mg
Vitamin E	0 mg	0 mg



USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 10-28-11)

Visit us at www.fns.usda.gov/fdd

100259 – APRICOTS, FROZEN, SLICED, BULK, 20 LB

USES AND TIPS	<ul style="list-style-type: none">• Serve apricots chilled with syrup or chilled and drained as part of fruit salads or with cottage cheese. Combine with other fresh, canned or frozen fruits for fruit cups or compotes.• Serve drained and heated or at room temperature as a garnish for main dishes. Use as directed in recipes specifying apricots.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Do not refreeze apricots.• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf.

Nutrient values in this nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

USDA Nondiscrimination Statement: "The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD). To file a complaint of discrimination write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer."